



DAVIS COUNTY HEALTH DEPARTMENT

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News Release

First Human Case of West Nile Virus Reported in Davis County

(Farmington, Utah) – County health officials announce the first human case of West Nile virus in a Davis County resident based upon test results from the Utah Public Health Laboratory. The individual is in the age category of 18 to 39 years old.

This person received treatment as an outpatient and is recovering.

According to Davis County Health Department's director, Lewis Garrett, "A majority of the people infected with West Nile virus will experience very mild or no symptoms at all. About 20% of those infected will develop a flu-like illness known as West Nile fever." A much smaller percentage of infected people will get a more severe form of the disease that is characterized by severe headache, stiff neck, muscle weakness, and confusion or disorientation, he continued. "In rare cases, West Nile virus can cause death."

Garrett points out that West Nile virus is transmitted through infected mosquitoes. "Now that West Nile virus has shown up this year in mosquitoes throughout our county, protecting yourself and others from mosquito bites remains the best way to avoid the disease," said Garrett.

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“The Centers for Disease Control and Prevention (CDC) publicizes six tips to help prevent the spread of West Nile virus,” he said.

- Apply insect repellent to exposed skin when you go outdoors. The most effective repellents contain DEET (N,N-diethyl-m-toluamide). The more DEET a repellent contains, the longer time it gives protection from mosquito bites, up to 35% for adults and children over 12 years old.
- Use care in applying repellent to children: don’t put repellent on their hands, and be careful to avoid their mouths and eyes. Products containing 10% or less DEET are the most appropriate for children aged 2 months – 12 years.
- Whenever possible, wear protective clothing such as long sleeves, long pants, and socks while outdoors.
- Spray clothing with repellents containing DEET or permethrin, because mosquitoes may bite through thin clothing.
- Consider staying indoors from dusk until dawn, which is peak mosquito biting time. Avoid activities in areas where mosquitoes are plentiful.
- Fix or install window and door screens to keep mosquitoes out of buildings.

“It is important to be vigilant about minimizing exposure to mosquitoes that can carry the West Nile virus,” said Garrett. “For more information on how to ‘Fight The Bite’, check out the Davis County Health Department’s West Nile virus Hotline at 451-3660 or our website at <http://www.daviscountyutah.gov/health>.”

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